

3 EASY STEPS TO CONTROL YOUR HIGH BLOOD PRESSURE

1 SET YOUR GOALS

Your doctor will set the right target number for your blood pressure.



2 TAKE YOUR MEDICINES AS PRESCRIBED

Take your medicines as prescribed by the doctor, even after they begin working, and even if you feel fine.



3 KEEP A HEALTHY LIFESTYLE

By improving your diet, being physically active and controlling stress, you can lower your blood pressure.



IMPORTANT QUESTIONS TO ASK YOUR DOCTOR:

What are my blood pressure number goals?

What has changed since my last visit?

Are there specific goals I should work on for my next visit?

What should I do if I have any side effects with these medicines?

Are there generic versions of my medicines or other ways I can reduce the cost of my medicines?

Take control. Take your meds.
For more information, please visit,
www.mass.gov/dph/bloodpressure or call
1-800-487-1119 (TTY 1-800-899-2223).

English HD2150

I HAVE HIGH BLOOD PRESSURE



LEFT UNTREATED, IT CAN LEAD TO HEART ATTACK OR STROKE.

Here's how you can control your high blood pressure.



MASSACHUSETTS
DEPARTMENT
OF PUBLIC HEALTH

WHAT DO MY BLOOD PRESSURE NUMBERS MEAN?

Two numbers are used to measure blood pressure.

The top number is the pressure when your heart beats.

The bottom number is the pressure when your heart is between beats.

Having high blood pressure means that one or both numbers are above the normal range. The normal range is a top number of less than 120 and a bottom number of less than 80.

The good news is that you can control your high blood pressure with lifestyle changes and medicine. See your doctor to create a plan.



WHAT DO I NEED TO KNOW ABOUT MY MEDICINES?

The most important thing is to keep taking your medicines as directed.

- Make a list of all your medicines with notes on when and how to take them.
- Don't stop taking your medicines for any reason without asking your doctor first. Stopping suddenly can make your condition worse.
- If cost is a problem, talk to your healthcare provider or pharmacist about ways you can reduce the cost of your medicines.

Take your medicines at the same time every day. Tips to help you remember:

- Organize your medicine in a pillbox marked with the days of the week.
- Keep them in a visible place – next to your toothbrush or on your nightstand, for example – so you can remember to take them as part of a routine.
- Set reminder alarms on your cell phone, clock, computer, or watch.

Ask your healthcare provider or pharmacist about any side effects.

- If you feel any side effects, let your healthcare provider or pharmacist know right away.
- Don't take any over-the-counter medicines or herbal supplements without asking your healthcare provider or pharmacist.



HOW DO I CONTROL MY HIGH BLOOD PRESSURE?



Halt the salt.

Eating too much salt — also called sodium — may raise your blood pressure. Compare food labels and choose the one with less sodium.



Eat lean and green.

Eat more vegetables, whole grains, salads, fruits, fish, chicken, turkey, and low-fat dairy products. Eat less red meat.



Get moving.

Even moderate activity makes your heart stronger so it can pump blood more easily. It also helps you handle stress, another cause of high blood pressure.



Quit smoking.

Once you quit smoking, your risk of heart attack drops quickly — in as little as two weeks to three months. Call 1-800-QUIT-NOW (1-800-784-8669) or visit www.makesmokinghistory.org.



Limit alcohol.

Too much alcohol can raise blood pressure. Ask your doctor what's healthy for you.

Maintain a healthy weight to lower your blood pressure.

For affordable, easy ways to eat better and move more, visit www.mass.gov/massinmotion.